

# Menu

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## SALADS

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**Greek Summer** 12€

Cherry tomatoes, cucumber, pepper, Kalamata olives, onion, feta, olive oil, oregano

**Green & Avocado** v 13€

Quinoa, avocado, cucumber, mixed greens, herbs, seeds, lemon, olive oil

**Watermelon & Feta** 9€

Fresh watermelon with feta and mint

**Green Protein** 14€

Spinach, rocket, avocado, cucumber, boiled egg, pumpkin seeds, yoghurt, lemon and mustard dressing

## BOWLS

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**Tuna** 14€

Bulgur, cucumber, carrot, tuna with olive oil and lemon

**Aubergine & Chickpea** 13€

Quinoa, roasted aubergine, carrots, chickpeas, herbs, lemon tahini

**Halloumi & Roasted Vegetables** 14.5€

Bulgur, courgette, aubergines, peppers, grilled halloumi, olive oil, herbs

**Prawn, Citrus & Avocado** 19€

Sautéed prawns, quinoa, avocado, fresh salad, citrus vinaigrette

or **with Roasted Vegetables & Chickpeas** v 13€

**Beluga Lentils & Roasted Vegetables** v 12.5€

Black lentils, roasted vegetables, tahini dressing, herbs, seeds

**Beluga & Citrus** 14€

Beluga lentils, roasted chicken or prawns, orange slices, cucumber, herbs

## DISHES OF THE DAY

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Each day we lovingly prepare two homemade dishes with fresh ingredients and care, as if from our own family table.

Ask us about today's specials.

## SMALL PLATES

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**Dolmades with Tzatziki** 10€

Tender vine leaves stuffed with aromatic rice and fresh herbs

**Grilled Halloumi with Thyme & Honey** 8€

Halloumi grilled and finished with thyme and pure honey

**Fava with Octopus & Caramelised Onions** 18€

Velvety fava, tender octopus, sweet caramelised onions

## PASTA

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**Penne Beluga Bolognese** v 11.5€

Penne with Beluga lentil ragù à la Bolognese

**Spaghetti Napoli** 8.5€

Light ripe tomato sauce, garlic and aromatic basil

**Spaghetti Bolognese** 16€

Rich beef ragù, tomato, red wine, aromatic vegetables

## SANDWICHES & MORE

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**Ham & Cheese Toastie** 6€

Ham and cheese on toasted bread

**Chicken Wrap** 12€

Grilled chicken fillet, lettuce, tomatoes, yoghurt sauce in tortilla

**Classic Burger** 18€

Juicy beef patty, melted cheese, tomato, lettuce, sauce. Served with fries

**Chicken Nuggets** 9€

Breaded chicken fillet with fries

**Fries** 6€

**Open Sandwich** 13€

Smoked salmon, cream cheese, cucumber, herbs on soft bread